



LIFE SUPPORT

HOPE



ALLIANCE

HELP

& California Lifer Newsletter

HOME

P.O. Box 277 * Rancho Cordova, CA. * 95741

* staff@lifesupportalliance.org *

California's only Lifer-Specific advocacy group



Non-profit advocacy group formed in 2010 to address Lifer issues

From INSIDE...

Programming
Parole readiness
Legislation and laws
CDCR Policies and Procedures



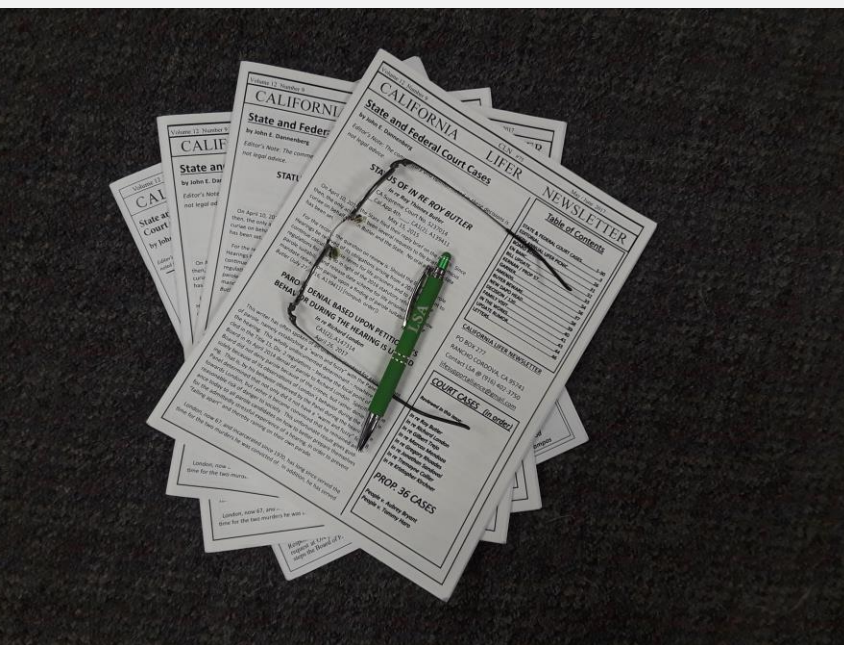
...to OUTSIDE

Parole Conditions
Family reunification and counseling
Societal adjustment
Mentoring

What We Do

- Observe parole hearings
- Legislative tracking and hearings
- Seminars and programming inside
- Family seminars and counseling
- Transcript reviews by request to provide Lifer advice
- Interaction with other agencies and CDCR divisions
- Newsletter publication





OUR PUBLICATIONS

- California Lifer Newsletter
- Lifer-Line
- Handouts on over 150 subjects

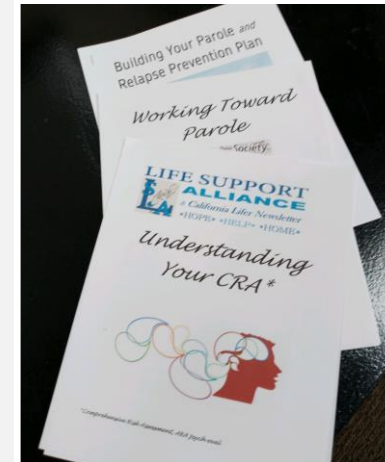
Our Audience

- Life, LWOP and long-term DSL prisoners
- Lifer parolees
- Their families and loved ones
- Legislators
- Advocacy groups and coalitions
- The BPH



Programs Currently Offered

- Programming
 - Connecting the Dots
 - Amends
 - Mental Health
 - RISE
 - Denial Management
- Workbooks
 - Parole and Relapse Prevention Planning
 - Understanding Your CRA
 - Working Toward Parole



Connecting the Dots

- **Goals:**

- Finding the causative factors of criminal behavior and developing insight
- Identifying triggers
- Recognizing and learning to use rehabilitative tools for those triggers

- **Method:**

- Self-examination and journaling
 - Essays proctored by review team
 - Feedback provided to student
 - Available as in-person workshops or correspondence courses
- Grounded in Cognitive Behavioral Therapy approach and the knowledge and experience of former Lifers





Amends

- **Goals:**

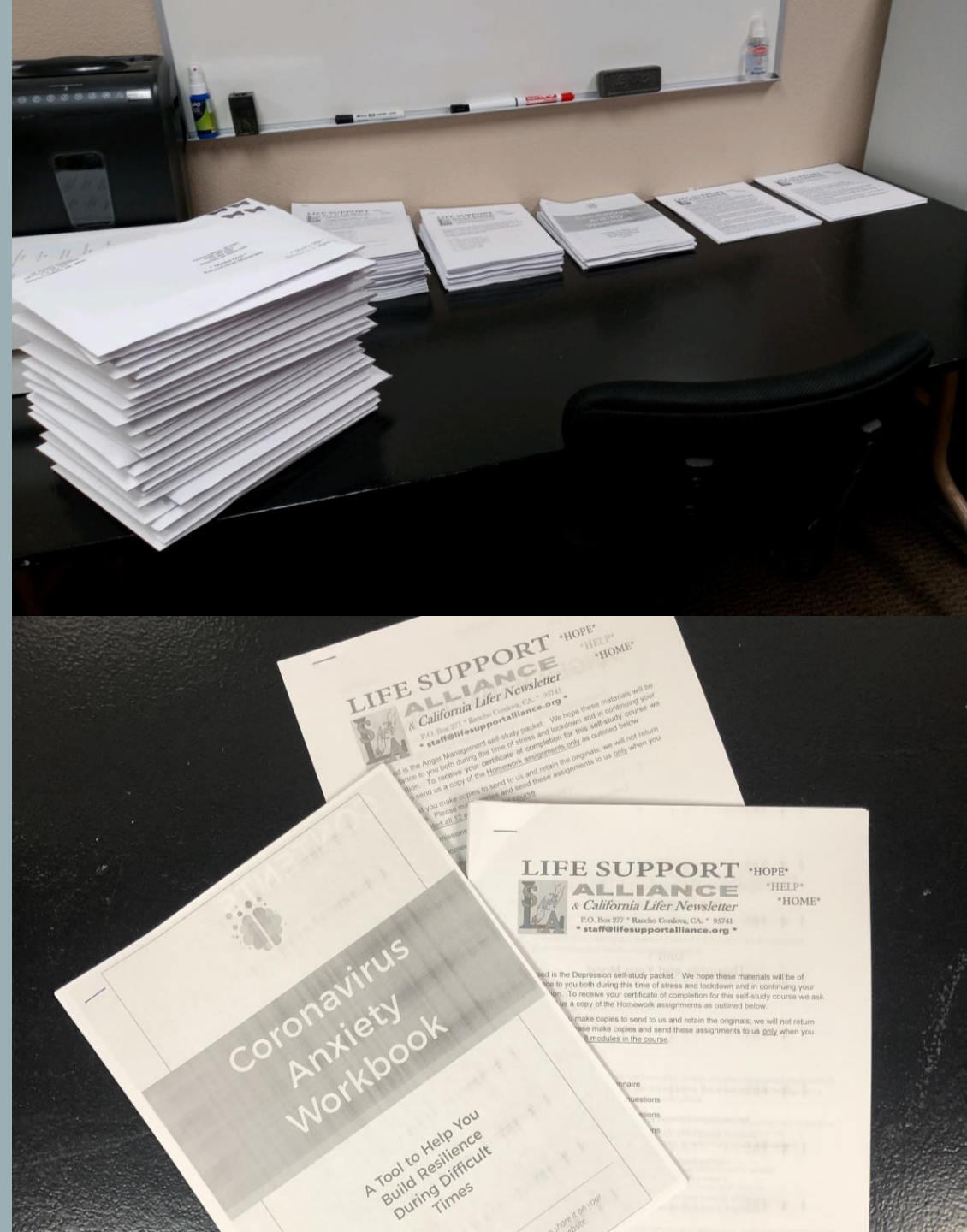
- To write an appropriate and sincere apology letter to the victims and/or family of victim
- Be able to understand and express empathy and remorse

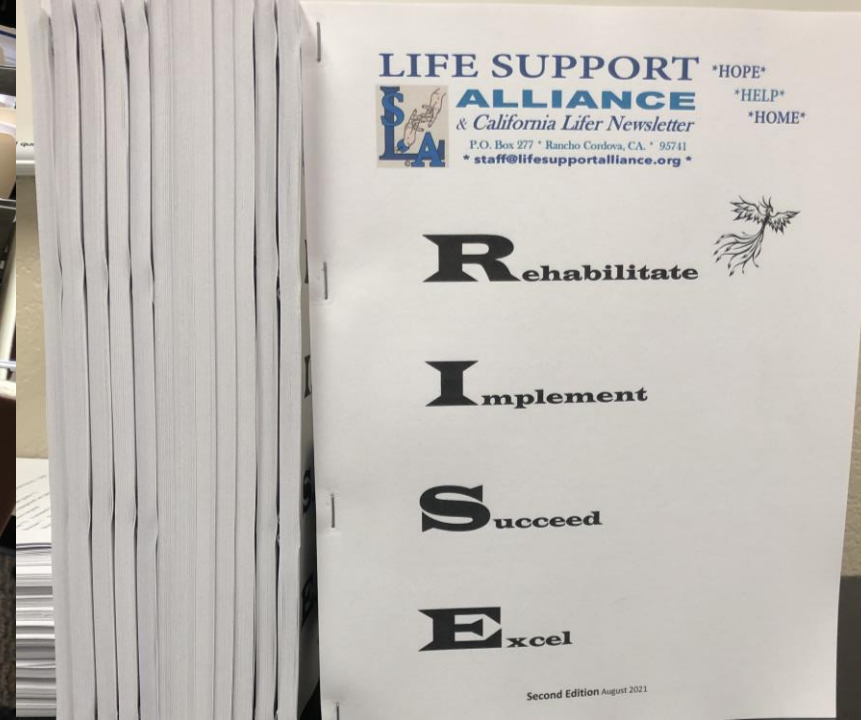
- **Method:**

- Study the elements of apologies and amends
- Submit draft letters for review and comment by review team
- Available as in-person workshop or correspondence course

Mental Health Project

- Goals:
 - Provide useful, positive programming
 - Broadening understanding of Depression and Anger Management, as well as Stress and Anxiety
- Method:
 - Provide self-study courses
 - Review assignments for appropriate responses from students
 - Done in-cell during COVID-19 shutdown



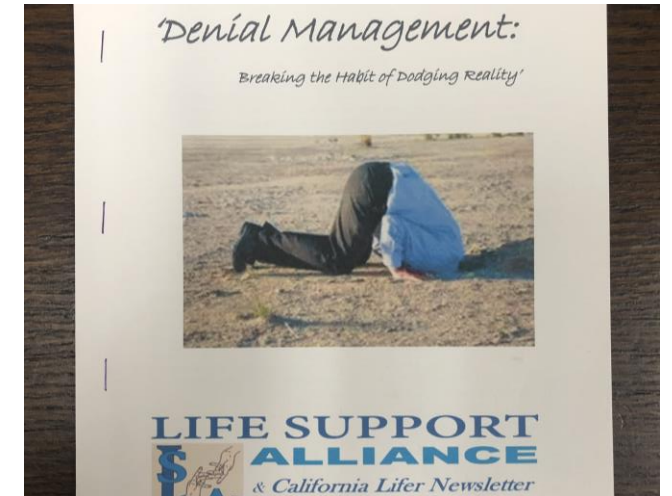


RISE Rehabilitate Implement Succeed Excel

- **Goals:**
 - Provide a comprehensive 12-16-week course for students
 - Covering a range of topics from causative factors to stress of coming home
- **Method:**
 - 117-page workbook with weekly written assignments
 - Reviewed by a 3-member team providing comments, individualized feedback, and grades weekly

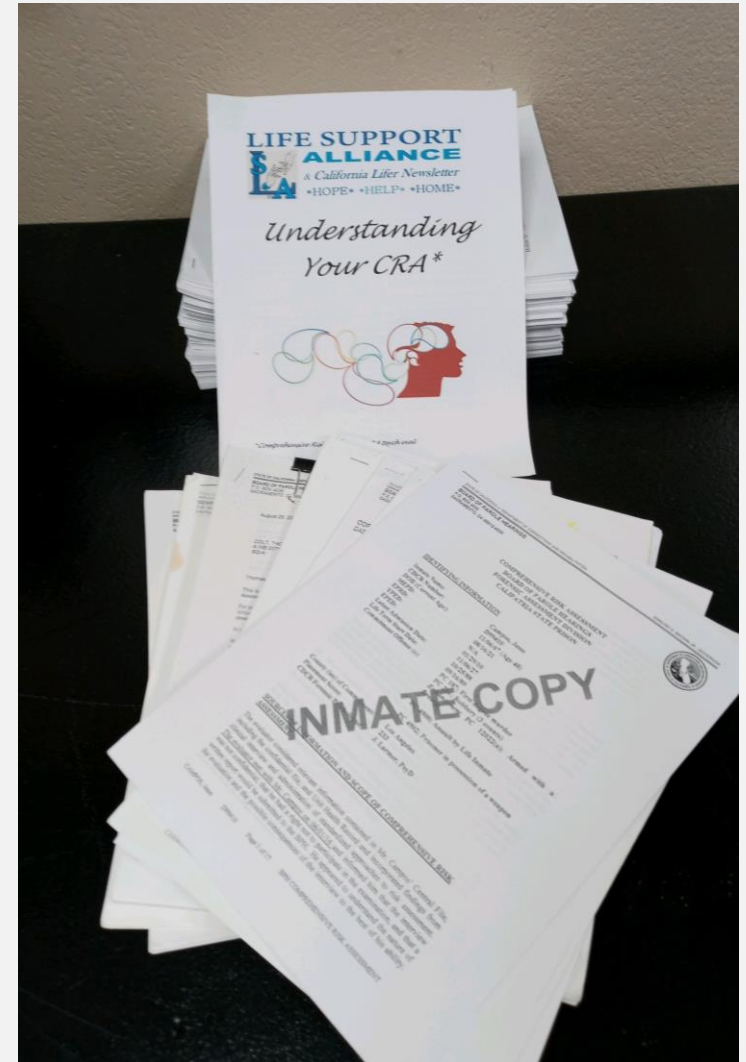
Denial Management

- **Goals:**
 - To provide understanding to students on how denial works and its impact on adverse behaviors
 - To provide tools to break the cycle of denial
- **Method:**
 - Identify personal denial methods through examples and self-reflection
 - Using CBT-based practices to intersect denial habits
 - Available as in-person workshop or correspondence course

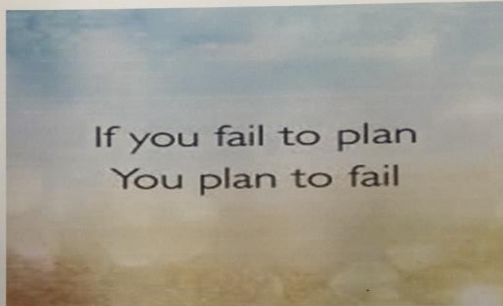


Understanding Your CRA

- Informational primer explaining the process and use of CRAs in parole hearings
- Offering definitions and explanations of the terms used
- Developed in consultation with CDCR-experienced psychologists and LCSWs



Building Your Parole *and* Relapse Prevention Plan



*Tips to help you create you own, personalized parole
and relapse prevention plan prior to your hearing.*

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Parole and Relapse Prevention Planning

Help and advice on putting together an
individualized parole plan and relapse
prevention plan

Working Toward Parole

- 12-page compendium of information on the parole process
- Providing an in-depth look at the timing and various stages of parole, both pre and post hearing
- Available to lifers by mail and families by mail or electronically

Working Toward Parole



*A primer for life-term inmates and families
on understanding the parole process*

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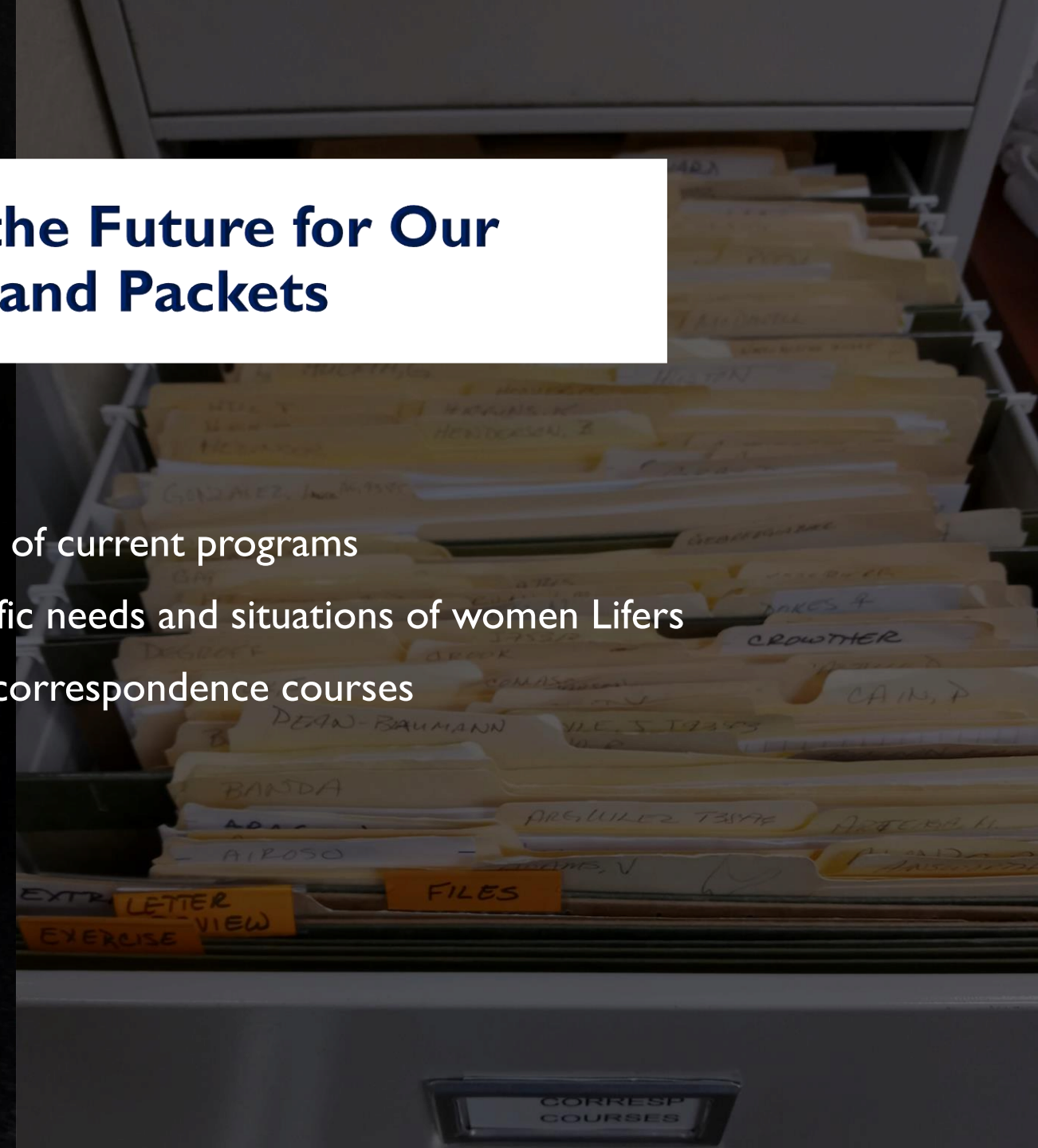


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HOPE *HELP* *HOME*

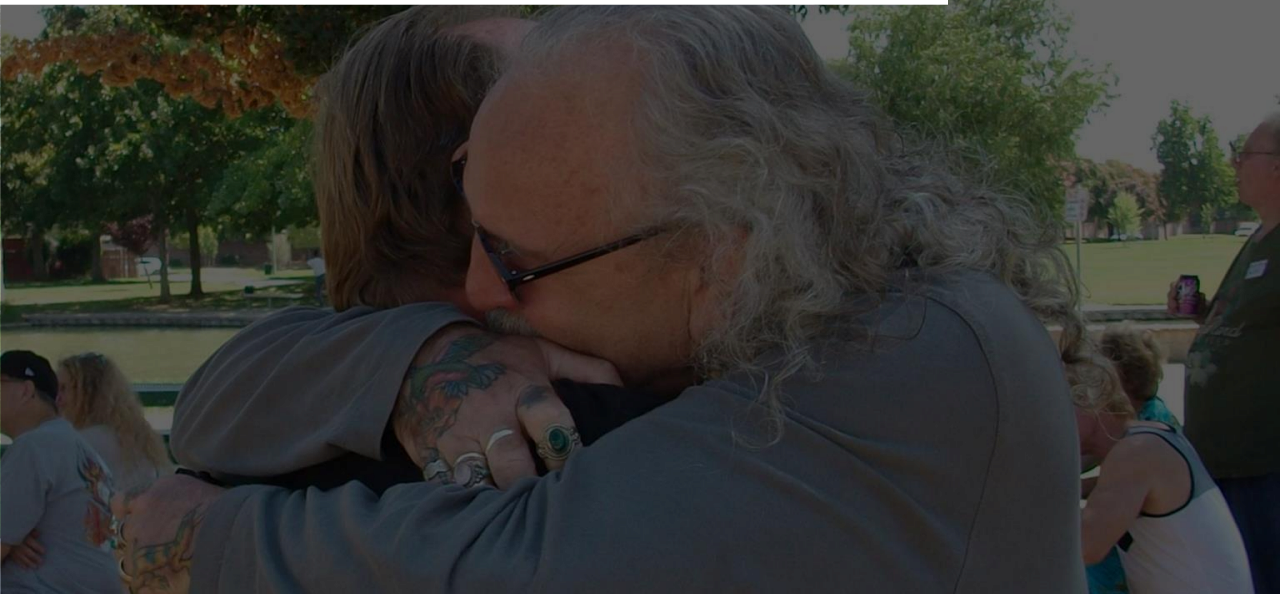
Looking Ahead: the Future for Our Programs and Packets

- Relationships
- Spanish language translations of current programs
- Programs targeting the specific needs and situations of women Lifers
- RAC credits for students in correspondence courses





Questions? Concerns? Suggestions?





Thank you

Together we can do this, one step at a time